



Build a Healthy Lunch

Professional Standards: Operations - Serving Food (2220 Offer vs Serve)

Webcast

[Build a Healthy Lunch](#) – 13 minutes

Provides an overview of the meal requirements for the National School Lunch Program, explanation of Offer vs. Serve, practice identifying a reimbursable meal, and strategies to encourage students to choose and enjoy fruits and vegetables.

Activities

- Use food models or print off food pictures from [Western Dairy Association](#). Cafeteria trays will make the activity more realistic. Divide staff up into groups of 4-5 and provide each group a tray and food items. Have them create different meal options and report out to the large group. Have them challenge themselves with tricky situations (one fruit, one vegetable, and milk). You can also have this set up where it is a relay race and each group has to “build a healthy lunch” that is reimbursable.
- [Complete the Reimbursable Meal Worksheet](#) – Smarter Lunchrooms No Time to Train
- Have staff complete a role playing activity that includes conversations with students and staff on the meal line with staff encouraging students to choose a complete meal. [Positive Communication Role Play](#) – Smarter Lunchrooms No Time to Train

Quiz

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

1. Which of the following are required to be included a reimbursable meal?

- a) Meat/Meat Alternate
- b) Fruit
- c) Vegetable
- d) Grain

e) Milk

f) Either B or C

2. What is the main reason signage explaining a reimbursable meal is important?

a) Helps students plan for what is going to be served next week

b) Identifies what menu items are part of a reimbursable meal

c) Allows food service staff to utilize their creativity

d) It is an avenue to promote MyPlate

3. Which of the following is not a way to encourage fruit and vegetable section?

a) Promoting fruits and vegetables with signage

b) Make them attractive with colorful baskets

c) Placing them in a hard to reach area

d) Offering a variety for students to select from

4. Which of the following is a best way to encourage the selection of a reimbursable meal?

a) "You have to take a fruit or vegetable."

b) "The government requires this."

c) "The strawberries taste very sweet today, make sure you try some!"

d) "Go back and get a milk, even if you are not going to drink it, you do not have enough to make a meal."

Additional Build a Healthy Lunch Trainings and Resources

Trainings

[Offer vs. Serve Video for Staff Training \(9 minutes\)](#) – Missouri Department of Education

[Iowa School Nutrition Web-Based Tutorials](#) – Offer vs. Serve (1.5 hours)

[Complete the Reimbursable Meal Lesson](#) – Smarter Lunchrooms No Time to Train

[Offer vs. Serve in a Smarter Lunchroom](#) – Smarter Lunchroom Movement (30 minutes)

[Front Line Staff Training – Offer vs. Serve](#) (Grade Groupings K-5, 6-8, K-8) – Illinois State Board of Education

[Front Line Staff Trainings – Offer vs. Serve](#) (Grade Grouping 9-12) – Illinois State Board of Education

[Cashier Training Resource](#) – Institute of Child Nutrition

Resources

[Making the Food Count in the Correct Component Interactive On-line Activity](#) – Massachusetts

[Make the Portion Count Interactive On-Line Activity](#) – Massachusetts

[Making it Count as a Reimbursable Meal Interactive On-line Activity](#) – Massachusetts

[Common Offer vs. Serve Errors](#) – Iowa Department of Education

[Offer vs. Serve Handout](#) – Washington Office of Superintendent of Public Instruction Child Nutrition Service

[How to Choose a Reimbursable Lunch Handout](#) – Ohio Department of Education

[Offer vs. Serve in National School Lunch Program](#) – Connecticut Department of Education

[Fruit and Vegetable Portion Size Poster](#) – Iowa Department of Education

[Cues for Positive Communication with Students and Staff](#) – Smarter Lunchroom Movement

[School Lunch Rules \(Offer vs. Serve\) Video for Students](#) – LaCrosse Schools (Wisconsin)